

# STATE OF MIND

Some people believe all things come from the mind. If this is true a lot of attention should be paid to the state of our mind and it's upkeep. We have a lot of information to process each day and more as the information explosion continues online. We have a lot of things to do that our mind has to coordinate and plan.

We have a lot of thinking to do about what we need and possibly the needs of our family and loved ones.



*"Your world is a living expression of how you are using and have used your mind."*

*-Earl Nightingale*

So the mind has a lot of work to do to stay clear. Many Eastern philosophies believe in training the mind through meditation, prayer and mindfulness. The idea being to focus on and try to live with more of an awareness of the present moment. It is in the present where we have the power to act and change things.

Our mind can be made happy by some still time each day to contemplate and relax. Meditation can provide focus on our breathing, a mantra, or a peaceful place that can bring us calm, peace and joy. It can help us find our center or core. A place where we can feel self love and inner peace. And celebrate ourselves.

Our body houses our mind so when we take care of it, we feel better.

We need a certain amount of sleep to feel well. And we need time to plan and take stock of who we are and what we need. We can eat foods that promote healthy brain function. And we can sit in the sun and feel it's healing energy; good for calming down and relaxing after a busy week.

Discussing our challenges and venting them can help. And sharing our concerns and possible solutions can also.

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*"This is where you will win the battle — in the playhouse of your mind."*

*-Maxell Maltz*



*"If you don't control your mind, someone else will."*

*-John Allston*

## **THINGS TO REMEMBER**

- Relax your mind if even only a few minutes each day
- Engage your mind in word games and puzzles to stay sharp
- Eat well and learn about supplements that help to strengthen the mind. Consult a physician to determine their safety
- Exercise is as good for the mind as the rest of the body